



# FIRST AID SUPPLIES



The first aid kit should be kept on hand at training sessions and matches. One of the adults associated with a soccer team should be the designated first aid caregiver. It is highly recommended that this person hold a first aid certification from the American Red Cross at the minimum.

**Sterile first aid dressing**

2 x 2 in. (5 x 5 cm.) for small wounds

*Quantity: box of 12*

For open wounds or dry dressings for burns.

**Sterile first aid dressing**

4 x 4 in. (10 x 10 cm.) for larger wounds and for compress to stop bleeding.

*Quantity: box of 12.*

For open wounds or dry dressings for burns.

**Large sterile dressing**

14 x 14 in. (36 x 36 cm.)

*Quantity: 2*

For covering large chest or abdominal wounds.

**Roller gauze bandage**

1 in. x 5 yd. (2.5 cm. x 5 m.)

*Quantity: 2*

For finger bandage.

**Roller gauze bandage**

2 in. x 5 yd. (5 cm. x 5 m.)

*Quantity: 2*

To hold dressings in place.

**Adhesive tape**

1- and 2-in. (2.5- and 5-cm.) width

*Quantity: 1 roll each*

To secure dressings in place.

**Triangular bandage**

37 x 37 in. (94 x 94 cm.) square

*Quantity: 8*

For use with triangular bandage.

**Soap**

*Quantity: 1 bar*

For cleansing wounds, scratches, cuts.

**Table salt**

*Quantity: 3 tsp. (15 gm.),*

For use in heat exhaustion

(1 tsp. [5 gm.] in 1 quart [1 liter] water).

**Paper drinking cups**

*Quantity: 5*

To administer fluids for emergencies.

**Flashlight**

*Quantity: 1*

For use in darkened areas and at night.

Check the batteries periodically.

**Scissors with blunt tips**

*Quantity: 1*

For cutting bandages or clothing.

**Tweezers**

*Quantity: 1*

To remove splinters and other foreign objects, except stingers from insect bites.

**Splints, long and short board or inflatable type**

*Quantity: 1 package*

For splinting broken fingers and stirring solutions.

**Tongue depressors, wooden**

*Quantity: 6 to 12*

For splinting broken fingers and stirring solutions.

Have one that is padded as a bite stick for seizures.

**Tourniquet**

(with strip of cloth, 20 in. [50 cm.] long,

*Quantity: 1*

For severe injuries when no other method will control bleeding.

Only for use by qualified and trained persons.

**Short stick**

4 to 6 in. (10-15 cm.) long & 1 in. (2.5 cm.) thick

*Quantity: 1*

To use with tourniquet.



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## **Rubbing or grain alcohol**

*Quantity: 3-4 oz. (84-112 gm.)*

For sterilizing scissors.

## **Ice in a cooler clearly marked for emergency use only**

For sprains, strains, bruises, etc.

R.I.C.E. = Rest, Ice, Compression & Elevation

## **Containers of water**

*Quantity: 1 gal. (3.8 liters)*

For cleansing wounds, abrasions and eyes.

## **Blanket**

*Quantity: 1*

For warmth in case of shock.

## **Nail clipper**

*Quantity: 1*

To clip broken toe and fingernails.

## **Small bath towels**

*Quantity: 2*

Same as large bath towels.

## **Bed Sheet**

*Quantity: 1*

Same as large and small bath towels.

## **Ace or tensor bandages**

*Quantity: 2 of each of these sizes,*

*3 inch, 4 inch and 6 inch.*

## **Ammonia caps (ampules)**

*Quantity: 1 dozen*

## **Band-aids**

*Quantity: 1 x 3 in. 2 dozen, extra large 1 dozen*

## **Cotton balls**

*Quantity: 25*

## **Cotton tip applicators (Q-tips)**

*Quantity: 1 box*

## **Elastikon tape**

*Quantity: 2 rolls of 3 in.*

## **Germicide solution**

*Quantity: 1 bottle*

## **Medicated ointment**

*Quantity: 1 tube*

## **Moleskin adhesive felt**

*Quantity: 1 sheet 6 inch square*

For use on blisters.

## **Safety pins**

*Assorted sizes*

## **Skin lube (Vaseline)**

*Quantity: 1 lb.*